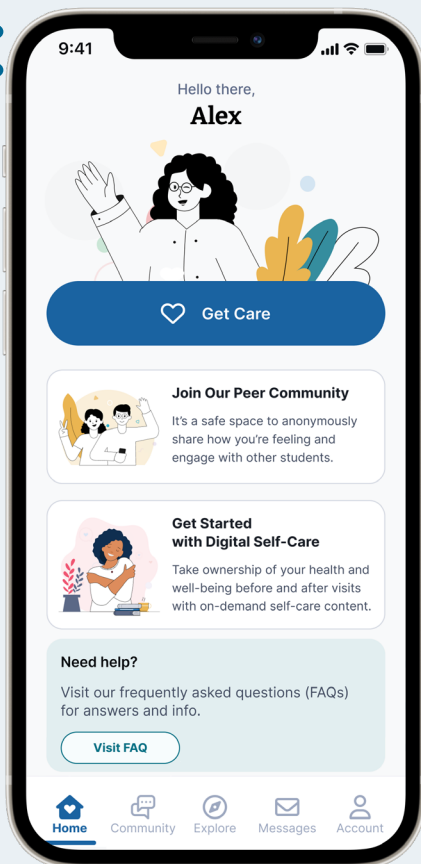


TimelyCare

Virtual medical and mental health care at no cost 24/7, 365 days/year

TimelyCare is offered as a supplement to the extensive existing in-person and virtual services offered by Counseling and Psychological Services (CAPS), Vaden Medical Services, and other Vaden and on-campus resources.



+ Services Include:

- **MedicalNow:** On-demand treatment/advice for common health issues, including cold, flu, and allergies
- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors
- **Scheduled Medical:** Choose the day, time, and medical provider that best works for you
- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you (12 visits/academic year)
- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content

TimelyCare is paid for by Vaden Health Services and is offered at **no cost** to all enrolled Stanford students



Stanford | Vaden Health Services

Access care: timelycare.com/stanford

Learn more: tinyurl.com/timelycare-faq